

15th Annual Kansas Kids Fitness & Safety Day Held May 6

Almost 700 third grade students were on hand Friday, May 6, running, jumping, and otherwise moving across the grounds of Cedar Crest in Topeka. The 2005 Kansas Kids Fitness and Safety Day, sponsored by the Kansas Council on Fitness, Kansas SAFE KIDS, and the Kansas Department of Health and Environment, included events to promote physical activity and prevent injury. The activities marked the celebration of SAFE KIDS Week 2005 – “Follow the Leader, Safety Starts with You.”

Events took place not only at Cedar Crest, but also at historic Ft. Larned, and at 40 other sites across Kansas. Over 17,000 third graders, teachers, and parents participated. Activities at Cedar Crest opened with remarks from Governor Kathleen Sebelius and McKenna Tauer, the 2005 Kansas Safety Star. Athletes from Washburn University's men's and women's basketball teams led the group in stretching and warm-ups.

“Kansas SAFE KIDS is pleased to be able to participate in this statewide event which reinforces to children the fun and health benefits of noncompetitive physical activities and injury prevention,” said Jan Stegelman, Coordinator of Kansas SAFE KIDS.



McKenna Tauer, age 7, 2005 Kansas Safety Star, was riding her bike in Topeka last September when she was hit by a car. McKenna was wearing a bike helmet, so she only had minor injuries. “I want to be a role model for other kids and wear my helmet every time I ride my bike so that younger kids will also,” said Tauer. Modeling of safe behavior by adults has proven to be an effective method of reducing the number of childhood injuries.

Participants at Cedar Crest and other local sites also tested their safety skills in interactive relays that included Stop, Drop & Roll, Dial 9-1-1 and BEEP BEEP (smoke detector test) as well as Swim Safe (life jackets). Children at Cedar Crest also met Coastie, a robot in the form of a Coast Guard tugboat, who presented a water safety message. Statewide, all children participating in Kansas Kids Fitness and Safety Day received health and safety enrichment packets and jump ropes to encourage physical activity.

Data Shows Obesity Trend

Kansas Kids Fitness and Safety Day is an opportunity to impress upon youth the importance of being safe and active. A report released by the Institute of Medicine (IOM) on September 30, 2004, states that while “children’s health has made tremendous strides over the past century, we begin the 21st century with a shocking development - an epidemic of obesity in children and youth.” Reversing the rapid rise in

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obesity among American children and youth will require a comprehensive and ambitious approach by schools, families, communities, industry, and government.



While no single intervention or group acting alone can stop the epidemic of childhood obesity, the steps recommended by the committee that wrote the IOM report all aim to increase and improve opportunities for children to engage in physical activity and eat a healthy diet. Studies conducted by KDHEt indicate that approximately 12 percent of middle school students (grades 6-12) and 11 percent of high school students (grades 9-12) in Kansas are overweight. In addition, an estimated 24 percent of middle school students and 31 percent of high school students in Kansas do not get the minimum recommended level of physical activity.

The Role of Parents

New research released this week by the National SAFE KIDS Campaign and Johnson & Johnson finds that parents are not consistently modeling safe behavior for their children. While 98 percent of parents agree it is important to act as safety role models for their children, the percentage of parents who report actually practicing safe behaviors is often lower. In addition, children with parents whose actions reinforce their words appear more likely to practice safe behaviors.

Parents do a good job of both stressing the importance of safety belt use with their children and being good examples by wearing safety belts themselves (86 percent say they always do). But the research shows that parents are much less successful at being good role models for their children in other key safety areas, such as wearing a bike helmet, wearing a life jacket and safely crossing busy streets. It is important for parents to understand the risks related to these activities as well

Kansas Kids Fitness Day 2005

Regional/Individual Host Sites

Schools	Contact Person	Phone Number	Location	Students	Teachers
USD 373 Northridge Elementary	Denetta Denno	316-284-6540	Newton	300	15
USD 233 Briarwood Elementary	Chant Stuewe	913-780-7330	Olathe	500	25
USD 268 Cheney Elementary	Melanie Amerin-Tolar	316-542-3137	Cheney	227	15
Butler County Health Department	Sue Harsh	316-321-3400	El Dorado	520	28
USD 413 Murray Hill Elementary	Julie Thompson	620-432-2560	Chanute	275	14
Dickinson County Health Department	Atalie Tompkins, CHES	785-263-4179 x 204	Chapman	350	25
Cummings Elementary	Pam Liewer	913-886-8381	Cummings	18	2
USD 470 Adams Elementary	Paul Shimon	620-441-2040	Arkansas City	500	24
Grabner Elementary	M. Jeannene Muci	620-665-4630	Hutchinson	625	35
Village Elementary	Jodie Leiss	620-341-2282	Emporia	350	35
Fort Hays State University	Steve Sedbrook	785-628-5843	Hays	550	25
Fort Larned Historic Site/USD 495 Northside Elementary	Sandy Lucas/Crystal Schmidt	620-285-2141	Larned	622	53
Holy Cross School	Kala Skolaut	620-665-6168	Hutchinson	90	5
Independence Bible School	Matthew Brewer	620-331-3781	Independence	5	1
USD 506 Altamont Elementary	Eddie Green	620-784-5511	Altamont	750	26
Lancaster Elementary	Pam Liewer	913-874-2200	Lancaster	20	2
USD 379 Lincoln Elementary	DeLaine Burch	785-632-2156	Clay Center	115	10
Muncie Elementary	Linda Plaza	913-727-6070	Leavenworth	270	14
USD 259 Wichita Public Schools	Karla Stenzel/Rhonda Holt	316-973-4433	Wichita	2,724	185
Ottawa University	Arabie Conner	785-242-5200	Ottawa	650	30
Overland Trail Elementary	Mike Russell	913-239-7000	Overland Park	123	1
USD 232 Riverview Elementary	Donna Gladfelder	913-441-0808	Shawnee	95	5
USD 434 Scranton Elementary	Jayson Duncan	785-793-2256	Scranton	105	7
USD 345 Pleasant Hill Elementary	Jane Hennes	785-286-8510	Topeka	652	43
Shawnee Heights Elementary	Sharon Cavert	785-232-0262	Tecumseh	250	16
St. Patrick Catholic School	Don Forster	316-262-4071	Wichita	21	3
USD 202 Turner Elementary	Pam Frase	913-288-3453	Kansas City	325	24
USD 105 Rawlins County Elementary	Kayla Samson	785-626-3217	Atwood	75	7
USD 234 Winfield Scott Elementary	Chris Sather	620-223-0450	Fort Scott	170	9
USD 257 Iola Middle School	Jackie Chase	620-365-4785	Iola	250	13
USD 260 Oaklawn Elementary School	Perri Brueggeman	316-554-0704	Wichita	660	45
USD 312 Mt. Hope Elementary	Teresa Schrock	316-667-2412	Mt. Hope	80	6
USD 443 Soule Elementary	Teresa Lovitt	620-227-1607	Dodge City	620	47
USD 453 David Brewer Elementary	Bob Hendee	913-684-1490	Leavenworth	58	8
USD 458 Basehor Elementary School	Amy Graver	913-724-1038	Basehor	140	7
Lawrence Memorial Hospital	John Drees	785-840-3067	Lawrence	900	90
Pittsburg State University	Bill Stobart	620-235-4664	Pittsburgh	700	39
West Elementary	Patti Paulson	316-755-7200	Valley Center	365	27
Westwood Elementary	Eileen Hackley	785-238-2840	Junction City	41	2
USD 305 Oakdale Elementary	Glynis Nixon	785-309-4341	Salina	705	41
Cedar Crest	Jan Stegelman	785-296-1223	Topeka	696	50
Garden City Elementary	Ted Chamberlain	620-276-5265	Garden City	275	11

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Cedar Crest Event – Schools Participating

Name	School	Address	City	# of Students	# of Teachers
Pat Nash	USD 501 Lundgren Elementary	1020 NE Forest Ave	Topeka	47	2
Curt Breiciesen/Jo Michael	USD 321 Rossville Elementary	312 E Pottawatomie	Rossville	28	1
Kim Long	USD 501 McEachron Elementary	4433 SW 29th Terr.	Topeka	55	3
Jo Flowers	USD 501 Quincy Elementary	1500 NE Quincy	Topeka	39	2
Nancy Gosling	USD441 Wetmore Academic Center	P O Box AB	Wetmore	11	2
Jody Schneider	St George Elementary	P O Box 31	St. George	33	2
Nancy Berry	Christ the King School	5973 SW 25th	Topeka	50	2
Sharon Barnhart	Lyndon Elementary School	421 E 6th	Lyndon	40	2
Jessica Jelkin/Wilma Flannigan	St Marys Grade School	312 Grand Ave	St. Marys	38	5
Kenneth Bennett	Ross Elementary	1400 SE 34th	Topeka	66	8
Rebecca Cook	Washington Elementary	1500 N. Washington	Junction City	23	3
Chris Baska	Tonganoxie Elementary	304 S. Shawnee	Tonganoxie	122	7
Nita Zeit	Horton Elementary	300 E 16th	Horton	60	7
Ashley Stweart	Gardner Elementary	218 E Shawnee Street	Gardner	90	6
Mary Stimatz	Seventh Day Adventist (Topeka)	2431 SW Wanamaker Rd	Topeka	9	1

711

53